Career Opportunities

Our exercise and fitness degree program is designed to prepare fitness professionals for careers in private sport and fitness clubs, and for the growing number of fitness programs established for corporate employees. Students learn to effectively design, implement, and conduct fitness programs for health clubs, corporate fitness programs, YMCAs, and strength and conditioning facilities.

Here’s what some of our graduates are doing:

- Martin Banks, B.S. ‘85, regional director, Fitness Systems, Chicago
- Thomas Hand, B.S. ‘91, executive director, Highland Park Hospital Health and Fitness Center, Highland Park, IL
- Sue Hussey, M.S. ‘83, Midwest regional director, Fitness Systems, Chicago
- Shawn Powell, B.S. ‘86, Fitness/Strength training director, New Jersey Nets
- Michelle Mercer, B.S. ‘90, director, Employee Wellness Center, Methodist Hospital, Peoria
- Joe Decker, B.S. ‘98, Owner/President, Body Construction, Washington, DC
- Sallie Bowles, B.S. ‘01, Cardiac Rehabilitation, Decatur, IL
- Tom Viel, B.S. ‘95, Manager, Presidential Towers Health Club, Chicago, IL
- Jody Ellison, M.S. ‘92, Wellness Program Coordinator, Burlington Medical Center, Burlington, IA

Curriculum

Core courses for physical education majors at WIU include: Anatomy and Physiology, Physiology of Exercise, Biomechanics, Observation and Practice, Aquatics, Individual Activities, Dance/Rhythm, Principles and Leadership in Aerobic Exercise; and Principles and Leadership of Resistive Exercise.

Exercise Science and Fitness instruction includes such courses as: Aerobic Conditioning; Personal Fitness Program; Eating and Exercise; Power Training (Olympic Weightlifting); Anatomy and Physiology II; Fitness Activities for Older Adults; Exercise Stress Testing; Corporate Fitness Program; Internship and Field Experience in Fitness, and guided electives.

An approved minor of 16-20 hours also required. Students may choose from a variety of areas including nutrition, business, computer science, etc.

Certification Exams

Certification exams are available through a variety of organizations in the areas of fitness. Some examples are the American College of Sports Medicine, National Aerobics and Fitness Trainer’s Association, the National Strength and Conditioning Association Certification, and USA Weightlifting Certification.

For More Information

For more information on the Physical Education-Exercise Science and Fitness major, visit us on the web at www.wiu.edu/users/mipe or contact the Physical Education Department at 309/298-1981.
The Leslie Malpass Library is an architectural and visual showplace, as well as a superb learning center.

Internships

A fitness internship is required following coursework. The 12-week internship provides an opportunity for students to apply the theoretical aspects of fitness in a practical setting. Examples of internship locations available are:

- Corporate Fitness
  - Coca Cola Corporation, Atlanta, GA
  - AT&T, Atlanta, GA
  - Wheaton Sports Center, Wheaton
  - Johnson and Johnson, Hoffman Estates
  - GE Capitol, Barrington
  - Mobile Oil, Joliet
  - Sears Merchandise, Chicago
  - Kraft General Foods, Northfield
  - Moore Business Forms, Inc., Lake Forest

- Cardiac Rehabilitation
  - St. Francis Hospital, Peoria
  - Illini Hospital, Silvis Chicago Bulls, Chicago, IL
  - Charlotte-Meckleburg Hospital, Charlotte, NC
  - Burlington Medical Center, Burlington, IA
  - Bethesda Hospital, Cincinnati, OH
  - Cottage Hospital, Galesburg, IL
  - University of Chicago Hospital, Chicago, IL
  - Lutheran General Hospital, Park Ridge
  - Doctor's Hospital, Coral Gables, FL

- Private Agencies
  - Cooper's Aerobic Institute, Dallas, TX
  - National Institute for Sport & Fitness, Indianapolis, IN
  - East Bank Club, Chicago
  - Phoenix Suns Athletic Club, Arizona
  - The New York Fitness Center, Chicago
  - Leaning Tower YMCA, Niles
  - Palm Beach Institute of Sport and Fitness, Palm Beach, FL
  - St. Louis Rams, St. Louis, MO
  - New York Yankees, NYC
  - Acceleration McKenna Center for Health and Fitness, Sioux Falls, SD

Faculty And Facilities

More than 30 faculty teach classes for majors and general students. There are more than 400 undergraduate majors and 90 master's degree students on campus. Two fully equipped facilities are available for teaching and research in physical education, fitness, and sports. The Human Performance Laboratory in Brophy Hall is one of the best equipped in the nation. The programs are accredited by the National Athletic Trainers Association, the National Council for Accreditation of Teacher Education, and the National Education Association and are recognized by the National Strength and Conditioning Association. Students are qualified to take the National Strength and Conditioning Association and the American College of Sports Medicine certification exams following completion of the program.

We Are Here To Serve

WIU is an interactive public university serving more than 13,000 enrolled students. Along with its commitment to students, WIU recognizes the needs of the region, state, and society, and plays a significant role in cultural, economic, and educational developments.

Campus Visits

The Admissions Reception Center (Sherman Hall 115) is open weekdays from 8 a.m. to 4:30 p.m. Admissions counselors are available to introduce prospective students to Western, and individual appointments may be arranged in advance with faculty or advisers in academic departments. Campus tours, led by WIU students, are given at 11 a.m. and 2 p.m. when the University is in session. The reception center is also open from 10 a.m. to 3 p.m. (offering tours at 11 a.m. and 2 p.m.) on Saturdays by appointment when the University is in session. Admissions counselors are available to talk about college plans at this time. For more information, or to arrange a visit, please contact the WIU Admissions Office at 115 Sherman Hall, 1 University Circle, Macomb, IL 61455-1390, 309/298-3157, or toll-free 877/PICKWIU (742-5948). Western Illinois University is a fully compliant affirmative action, equal opportunity institution. Please let us know how we may accommodate any special needs you have.